

What is claimed is:

1. An antifatigue composition which comprises an imidazole compound as an active ingredient.
2. The antifatigue composition according to Claim 1, wherein the imidazole compound is at least one selected from the group consisting of histidine, anserine, carnosine and valenine, and salts thereof.
3. The antifatigue composition according to Claim 1, wherein the imidazole compound is contained in an amount of at least 10 mass%.
4. The antifatigue composition according to Claim 1, wherein the composition further comprises D-ribose as an active ingredient.
5. The antifatigue composition according to Claim 4, wherein the imidazole compound is contained in an amount of from 5 to 50 mass% and the D-ribose is contained in an amount of from 5 to 50 mass%.
6. The antifatigue composition according to Claim 1, wherein the composition further comprises at least one selected from the group consisting of taurine, creatine, vitamin E, vitamin C, carotenoid, reduced glutathione and minerals.
7. A method for providing an antifatigue effect comprising orally administering to a person in need thereof an effective antifatigue amount of an antifatigue composition

which comprises an imidazole compound as an active ingredient.